Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

Homemaker News
EXCLUSIVE TO STATE EXTENSION EDITORS
U.S.D.A. PRESS SERVICE, OFFICE OF INFORMATION, AND EXTENSION SERVICE

31+

No. 374 November 8, 1939.

(Digest of Market Basket for Nov. 1.)

VERTICAL FILE
IMMEDIATE MATERIAL
NOV 14 1939
U. S. DEPARTMENT OF AGRICULTURE
LIBRARY

MOST BREAKFASTS BUILT ON CEREAL

Mainstay of most breakfasts is a cereal dish of some kind, which satisfies the appetite and supplies energy at a low cost. With the coming of cooler weather, one of the most popular breakfast cereals is piping-hot porridge. _____ (Name), _____ (Title), _____ (Institution), has some information concerning porridges and other cereal dishes from the Federal Bureau of Home Economics.

The homemaker operating on a limited food budget will do well to serve one or more cereal dishes a day, in addition to bread at every meal. And, if money is so limited that there's enough to buy only the minimum of fruits and vegetables, at least half of the cereals served should be whole-grain rather than refined. Whole-grain cereals furnish some of the vitamins and minerals.

Most familiar cereal dish is porridge made from rolled oats, whole or refined wheat, corn meal, or hominy grits. Breakfast porridges, if made carefully and presented in different ways, can come to the table often without being monotonous.

Two common porridge faults are lumpiness and lack of salt. The lumpiness can be avoided by the right method of combining the cereal. A quick way is to add the cereal slowly to rapidly boiling water, and stir until all the cereal is blended in. Another way is to add the cold water to the cereal and to mix the two thoroughly before heating.

Standard amount of salt to add is about 1 teaspoon for every quart of water used in cooking. This may vary according to taste, but it should never be left out, because it brings out the good starch flavor.

If porridge is made ahead of time, then allow it to cool, pour two or three teaspoons of water over the top to prevent a hard crust from forming. When reheating porridge, do not stir until the cereal is heated through. Otherwise lumps of the cooked cereal may form.

Although porridges appear most often on breakfast menus, there are cereal dishes that fit into any meal of the day. This winter, rolled oats, corn meal, and hominy grits are on the list of foods being bought and distributed by the Federal Surplus Commodities Corporation of the U. S. Department of Agriculture. Part will go to families on relief rolls. The rest will be distributed to schools cooperating with the Corporation by serving hot school lunches to children who otherwise would not get an adequate noon meal.

# # #